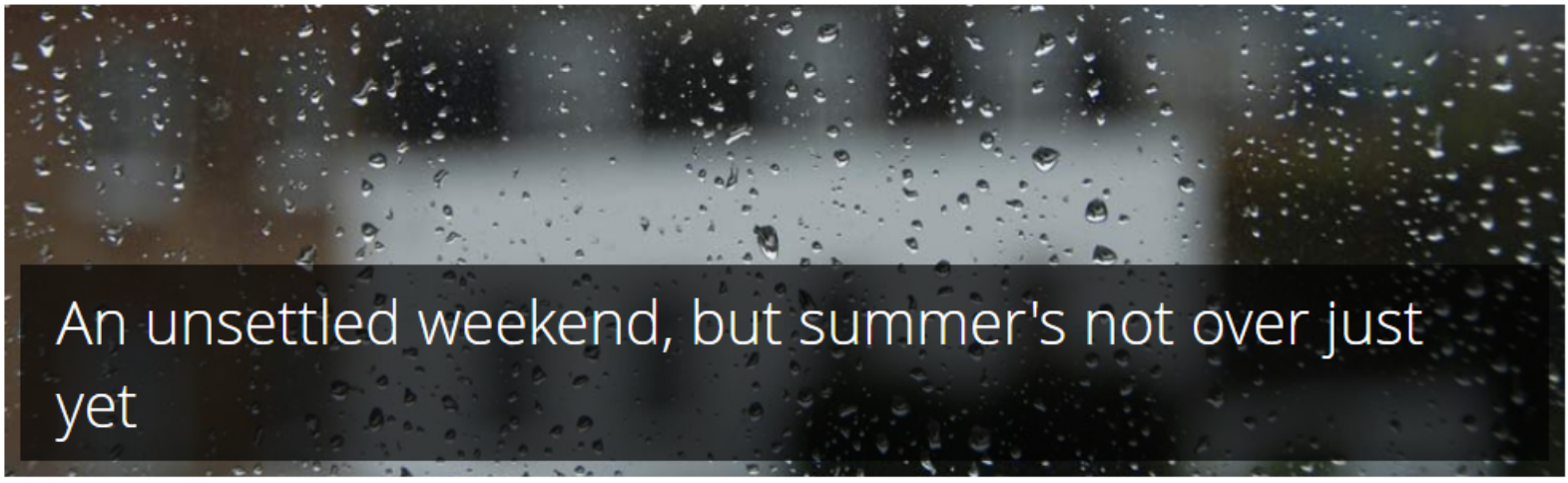

19 August 2016 - It will be unseasonably windy this weekend with heavy, thundery showery rain. However, conditions are expected to improve next week with the potential for a warm spell.

The unsettled conditions are being caused by a deep area of low pressure that has tracked in from the Atlantic and is moving across the UK. This has already brought heavy rain to many parts through Friday and will bring particularly windy weather on Saturday.

A warning of strong wind has been issued for many parts of England and Wales. Chief Meteorologist Andy Page said: "These winds may lead to disruption to transport, and in view of the time of the year, there is increased potential for disruption to outdoor activities."

The blustery conditions and large waves combined with a period of high tides mean impacts are likely around some coastal parts. There will also be heavy and thundery showers, especially in the west.

Guy Addington, Community Incident Reduction Manager from the RNLI , said: "Stormy conditions may be tempting to watch but the sea is very dangerous and unpredictable and big waves can easily knock you off your feet. We understand why people want to experience extreme weather, but we strongly urge people to respect the water and if you are planning a coastal activity, our advice is to watch the shore from a safe distance and assess the conditions; think about the risk before deciding if you need to go closer."

It'll remain showery and unsettled in the east on Sunday though conditions should improve from the west for a time with winds easing. Some further wet weather is then likely to arrive from the southwest later on and push across the UK early next week.

By mid-week it is likely we'll see a warming trend, at least in the south and southeast. Here we could have another spell of warm and sunny weather, whilst some further rain is likely across other parts of the UK.

Looking across the Atlantic to Rio where the Olympics will be coming to an end this weekend and it's not looking great weather-wise. The closing ceremony is on Sunday and conditions then are likely to be unsettled with heavy rain, strong winds and temperatures somewhat below average.

You can keep up to date with the weather using our forecast pages and by following us on Facebook and Twitter , as well as using new mobile app which is available for iPhone from the App store and for Android from the Google Play store .

Last updated: 19 August 2016